



Arthritis in Idaho 2001 Report



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INTRODUCTION — ARTHRITIS IN IDAHO

Purpose

The purpose of this report is to provide health care professionals, public health agencies, policy makers and the general public with a summary of the prevalence of arthritis in Idaho based on the Behavioral Risk Factor Surveillance System (BRFSS) conducted in 2000.

It is hoped that this document will raise awareness and demonstrate the pressing nature of arthritis as a public health issue in Idaho. It is intended to aid in strategic planning efforts to help reduce the burden of arthritis in Idaho.

Methodology

BRFSS is an ongoing surveillance program developed and partially funded by the Centers for Disease Control and Prevention (CDC). It is conducted as a random telephone survey of the non-institutionalized adult population. Idaho's sample has grown in size from 612 people in 1984, which provided only statewide estimates, to approximately 4,900 beginning in 1997, to produce health district estimates.

Idaho used disproportionate stratified sampling for its 2000 BRFSS. The sample was stratified by Idaho's seven public health districts. Approximately 700 Idahoans were interviewed in each health district, resulting in a total sample size of 4,978. The data were weighted to account for differences in the probability of selection.⁶ BRFSS results can be found at www.idahohealth.org.

Arthritis-related questions that were asked on the year 2000 BRFSS included:

- 1) During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint?
- 2) Were these symptoms present on most days for at least one month?
- 3) Are you now limited in any way in any activities because of joint symptoms?
- 4) Have you ever been told by a doctor that you have arthritis?
- 5) What type of arthritis did the doctor say you have?
- 6) Are you currently being treated by a doctor for arthritis?



IDAHO AND ITS PEOPLE

Geography

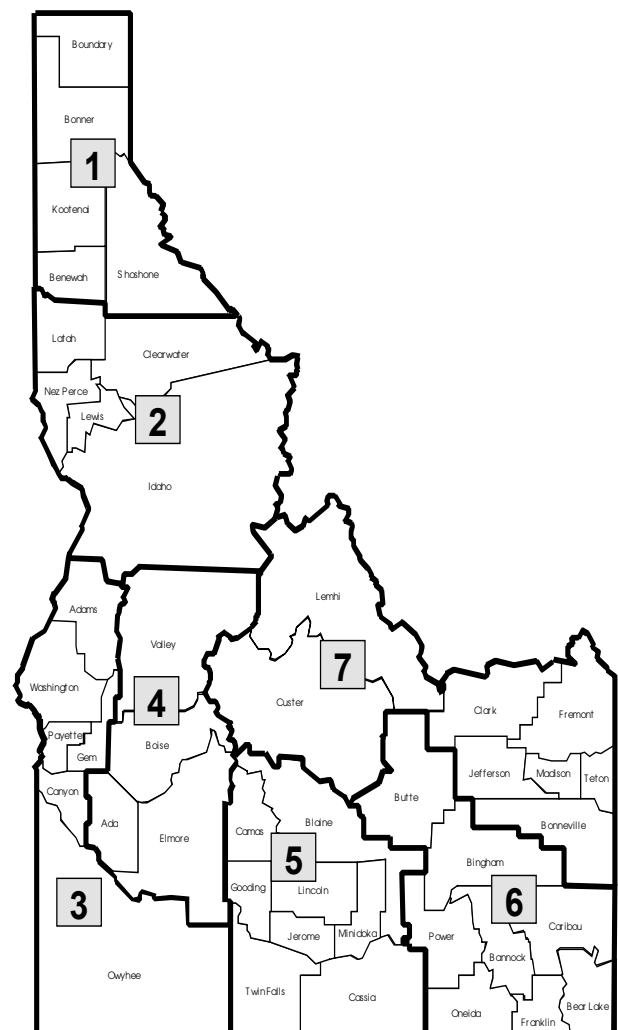
- Idaho ranks 11th in land area among the 50 states with 82,751 square miles.
- Idaho is comprised of 44 counties
 - Seven classified urban
 - Twenty-one rural
 - Sixteen frontier
- Seven public health districts serve Idaho

Population

Total population — 1,293,953

Racial and Ethnic Distribution

- White — 1,177,304
- Hispanic/Latino, who can be of any race — 101,690
- Native American/Alaskan Native — 17,645
- Two or more races — 25,609
- Asian, Pacific Islander — 13,197
- African American — 5,456
- Other — 54,742⁷





DEFINING ARTHRITIS

The word “arthritis” literally means joint inflammation, that is, swelling, redness, heat and pain caused by tissue injury or disease in the joint.² Arthritis is an umbrella term that includes and encompasses over 120 diseases and conditions that affect joints, surrounding tissue and/or

other connective tissues.¹ The most common forms of arthritis are osteoarthritis, rheumatoid arthritis, and fibromyalgia.¹

Based on people’s answers to the BRFSS questions, they can be classified into one of four groups:

Group 1 Having chronic joint symptoms & doctor diagnosed arthritis	Group 2 Having chronic joint symptoms but no doctor diagnosis
Group 3 Doctor diagnosed arthritis but currently no symptoms	Group 4 No symptoms No diagnosis

A definition of “arthritis” as used in this document includes groups one, two and three. This encompasses those who have a doctor diagnosis and are experiencing symptoms,

those not currently experiencing symptoms but are diagnosed with arthritis, and those experiencing chronic joint symptoms but who may not have sought a medical diagnosis.



ARTHRITIS IN IDAHO

Total Prevalence

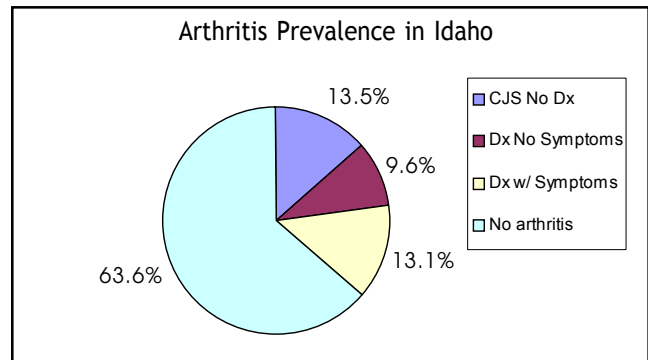
A total of 36.4%* of Idaho adults meet the definition of having arthritis, just over a third of all Idaho adults.

13.5% = Percent of adult Idahoans with chronic joint symptoms but no diagnosis

9.6% = Percent of adult Idahoans with a doctor diagnosis of arthritis but currently no symptoms

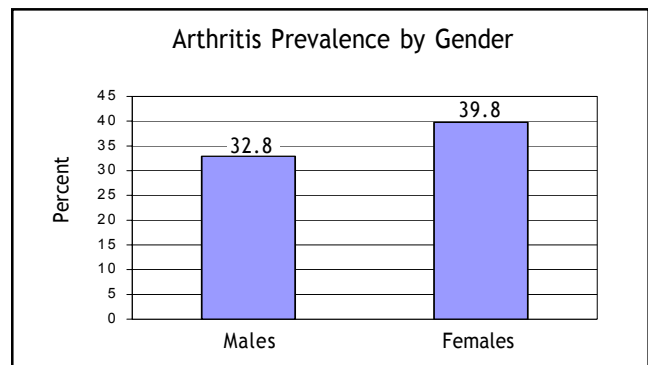
13.1% = Percent of adult Idahoans with a doctor diagnosis and experiencing chronic joint symptoms

*Percentages do not total this number exactly because of missing responses



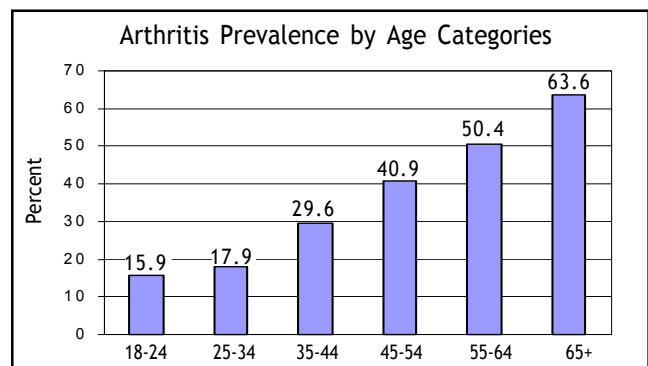
Prevalence by Gender

Females in Idaho have higher rates of arthritis although it affects both men and women. In the U.S., women aged 15 years and older account for 60% of arthritis cases and approximately 4.6 million women report arthritis as a major or contributing cause of activity limitations.¹



Prevalence by Age

Arthritis is not considered a normal part of aging. In the U.S., nearly 3 out of 5 people with arthritis are under age 65.¹ However, there is increased risk with age. Over half of adults age 55 or older have arthritis. This graph shows the percentage of adults with arthritis in each age category.



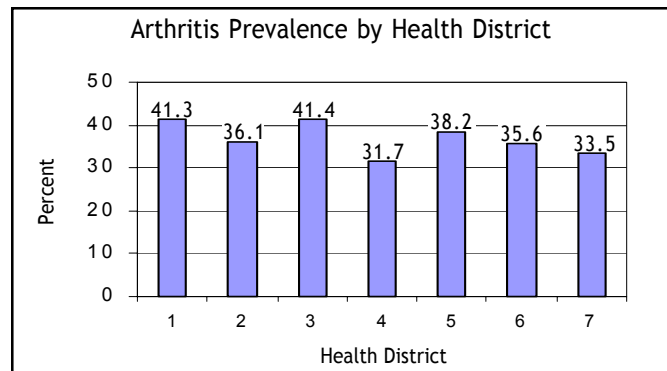


ARTHRITIS IN IDAHO

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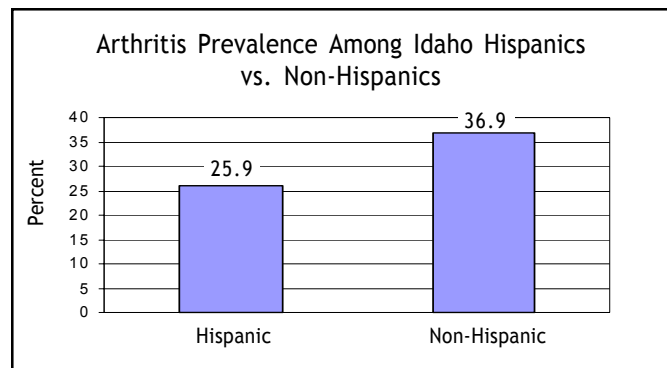
Prevalence by Health District

Idaho's BRFSS uses stratified sampling to provide health district estimates. Prevalence of arthritis does not vary dramatically throughout the state.



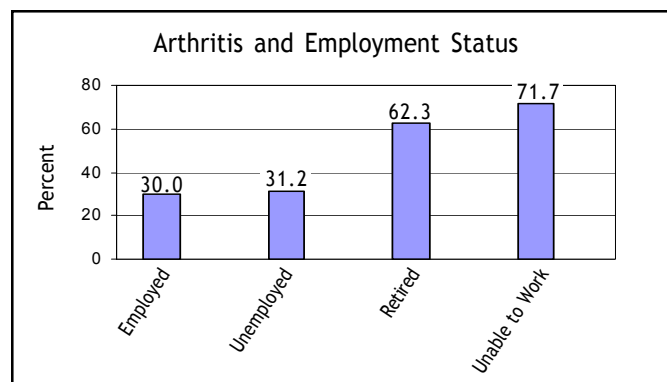
Hispanic

The Hispanic population in Idaho is younger than the general population, which may account for the lower overall percentage of Hispanics with arthritis.



Employment Status

The dramatic number of those unable to work who have arthritis demonstrates the potentially devastating affects of the rheumatic diseases.



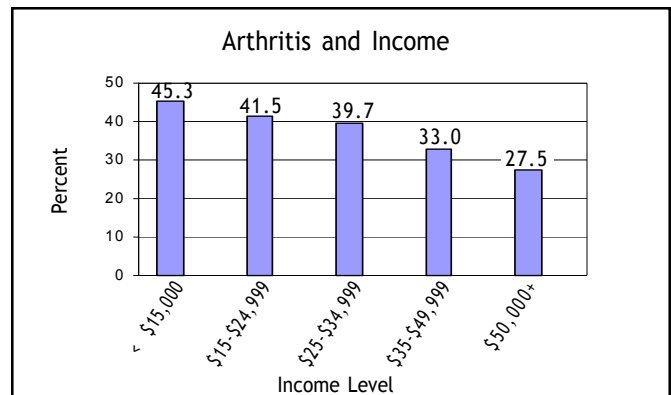


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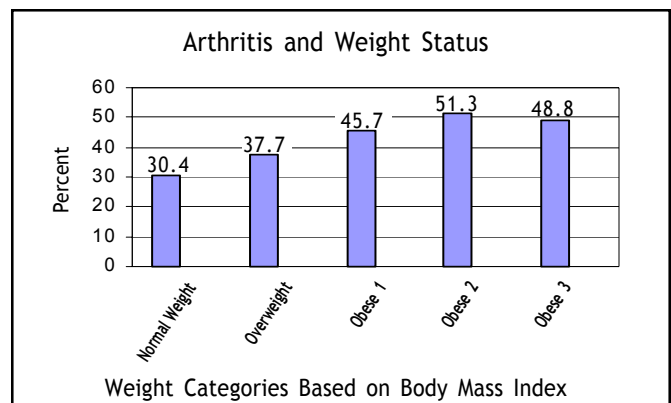
Income

Of those making less than \$15,000 per year 45.3% have arthritis. As income levels rise, the percentage of adults with arthritis decreases, demonstrating the need to address disparate populations.⁵



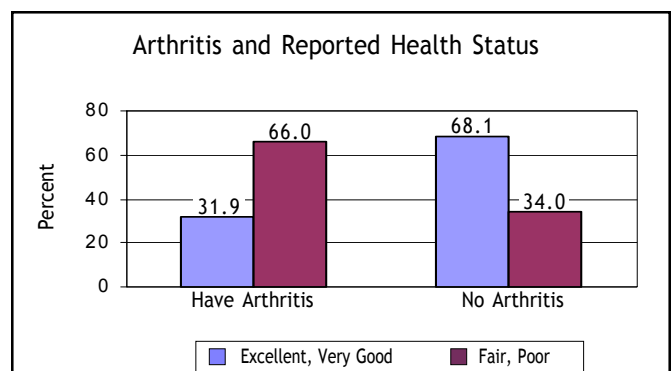
Weight

Excess body weight creates stress on the joints, especially the hips and knees. Overweight or obese individuals are at increased risk for the development of osteoarthritis.⁴



Health Status

Of those who report their health status as excellent, very good or good, 31.9% have arthritis. In contrast, 66% who report their health as only fair or poor have arthritis.



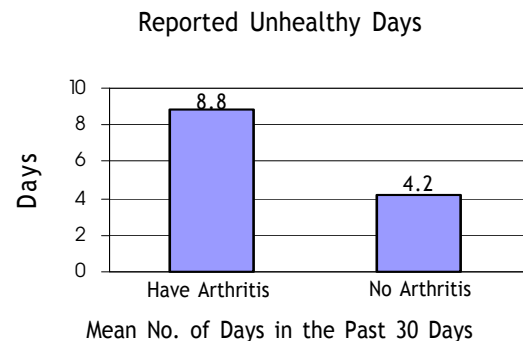


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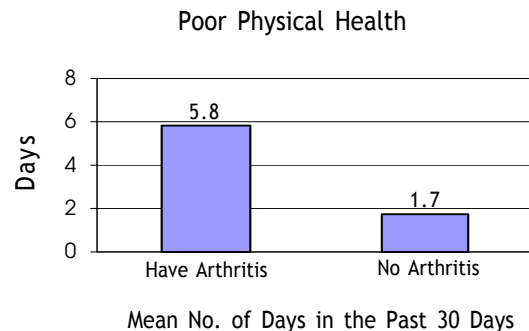
Unhealthy Days

Those who have arthritis report an average of 8.8 unhealthy days in the past 30 days. Those with no arthritis average 4.2 unhealthy days in the past 30 days.



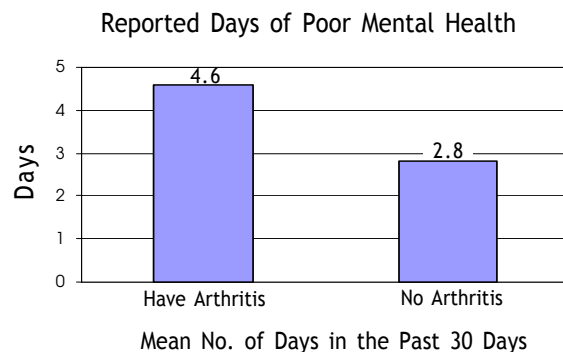
Poor Physical Health

Those with arthritis report over three times more days of poor physical health than those without arthritis.



Poor Mental Health

People with arthritis report more days of poor mental health than those with no arthritis.



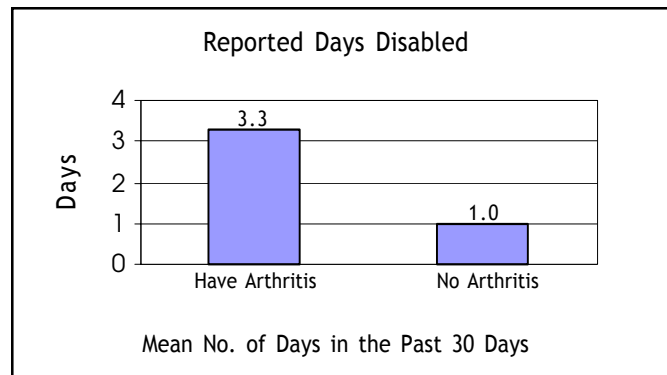


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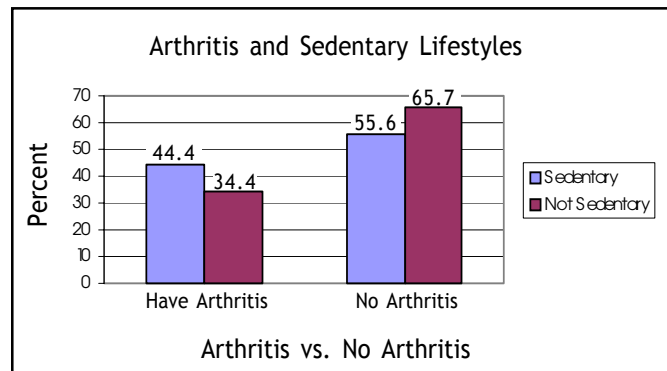
Days Disabled

People with arthritis report 3 times more days of being disabled in the past 30 days than those without arthritis.



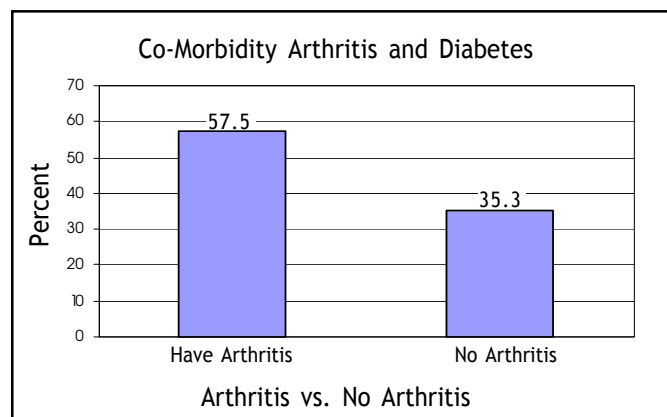
Sedentary Lifestyle

Idaho has high rates of sedentary lifestyles, a risk factor for arthritis. Sedentary lifestyle is defined as not having participated in any physical activities, leisure time activities or exercise in the past month other than a regular job.⁶ Forty-four percent of those who are sedentary have arthritis.



Co-Morbidity with Diabetes

In Idaho, 4.9% of the population has diabetes.⁶ Of those with diabetes more than half have arthritis. Risk factors common to both arthritis and diabetes include overweight or obesity, lack of physical activity and being over age 45.





BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

BRFSS Arthritis Module: Responses to the Year 2000 BRFSS questions.

1. During the past 12 months, have you had pain, aching, stiffness, or swelling in or around a joint? (n=4935)

Yes	47.6%
No	52.5%

2. Were these symptoms present on most days for at least one month? (n=2354- Asked of those who answered yes to number one.)

Yes	56.3%
No	43.7%

3. Are you now limited in any way in any activities because of joint symptoms? (n=2365- Asked of those who answered yes to number one.)

Yes	31.6%
No	68.4%

4. Have you ever been told by a doctor that you have arthritis? (n=4930)

Yes	22.7%
No	77.3%

5. What type of arthritis did the doctor say you have? (n=1143- Asked of those who said yes to number four.)

Don't Know / Not Sure	38.8%
Osteoarthritis / Degenerative arthritis	33.6%
Rheumatoid arthritis	15.5%
Other	8.6%
Rheumatism	3.2%
Never saw a doctor	0.3%

6. Are you currently being treated by a doctor for arthritis? (n=1141- Asked of those who said yes to number four.)

Yes	29.7%
No	70.3%

Source: Bureau of Vital Records and Health Statistics (2001). Idaho *Behavioral Risk Factor Surveillance System, 2000 Survey Data*. Division of Health, Idaho Department of Health and Welfare, Boise, ID.

Idaho adults are those aged 18 and older.



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